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# BEATS THE GYM

## STUDY SHOWS DOG OWNERS STAY ACTIVE

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 News worth sharing.

# School grieves over grads

► Speed and alcohol were factors in crash, but responsibility not yet clear, RCMP say ► No charges have been laid ► Tests for alcohol on three men who died will be available following the autopsies



**HEATHER MCINTYRE**  
 @METRONEWS.CA

Two recent grads were remembered fondly at Ecole Secondaire

Beaumont Composite High School yesterday.

Beaumont's Brad Arseneault and Kole Novak, both 18, were killed when the car they were traveling in collided with a truck on High-

way 625 early Saturday. Thad Lake, 22, of Leduc, was also in the car and killed.

RCMP said yesterday the 28-year-old pickup driver was impaired, but he is still in hospital and they

have yet to speak with him.

Principal John Mair said counsellors were available yesterday and large cardstock, which will be presented to the boys' families, was out for students to sign.

The community also held a candlelight vigil Sunday night.

"There is a sense of strong community," said Mair. "And it certainly helps with the healing process."

## All. Smiles



► Quintin Howden, from Oak Bank, Man., tries on a jersey and a team hat after being named to the roster for Canada's 2012 national junior team selection camp for the second year in a row at a press conference in Calgary. The camp will be held Dec. 10-14 in Calgary.

JEFF MCINTOSH/THE CANADIAN PRESS

## Canada's top 41 world-junior hopefuls selected

## Little sleep

# Killings stretch city cops

► Police chief wants 68 new officers in 2012  
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# Lonely, I am so lonely

A look at the adverse effects of loneliness  
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# Weight Bias in the Workplace

Imagine having your skills overlooked because you are overweight. Weight bias in employment situations happens more often than you think.

Obesity in the workplace costs companies an alarming amount of money. That's a fact. One estimate puts the costs associated with employing obese people at \$285,000 per year for a company with 1,000 employees. As a nation, obesity is costing Canada roughly \$4.3 billion dollars in healthcare expenses according to the most recent 2001 survey.

South of the border obesity is costing American companies \$45 billion each year in medical coverage and employee absenteeism. Obesity as a health and productivity issue costs companies more than tobacco use or alcoholism.

Given this context, men and women who suffer from being overweight or obese often face the additional struggle of social

stigma and bias in the workplace. Obese adults are often confronted with negative prejudices and stereotypes when applying for a new position. Or, they experience the "glass ceiling" effect when trying to advance within a company.

When it came to job advancement, 15% of human resource personnel said they would be less likely to promote an obese employee even if they had the skills and knowledge that would make them successful in the position. Shockingly, 11% of those surveyed felt it was appropriate to terminate an employee strictly because of their excess body weight.

Despite these negative results, the researchers found that no action was being taken to correct the unfair treatment of overweight employees. Contrary to the popular belief that social pressure will motivate overweight people to "shape up", research has shown that 79% of overweight people react by refusing to diet in an attempt to affirm that the bias is undeserved. Rather than inspiring weight loss, weight bias in the workplace has a detrimental effect on the overweight employee.

Ideally, employers would show genuine concern for the health of their overweight employees by creating healthier work environments that support a healthy lifestyle. Instead of adding the stress and disappointment of being treated unfairly at work, co-workers and management staff should be sensitive and supportive of colleagues who have a weight issue.

Many companies have found that covering the

cost of permanent solutions like weight loss surgery is more cost-effective than paying for disability insurance or on-going prescription weight loss medications that may result in more sick days due to side effects. Addressing obesity in the workplace with effective long-term solutions like gastric banding surgery can also lower the cost of worker's compensations for injuries or accidents that occur at the office.

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\*Gastric banding results in an average of 58% excess weight loss within the first three years and patients continue to maintain their weight loss even up to seven years later. (Niville E et al. A mid-term Experience with the Cousin Bioring - Adjustable Gastric Band. Obes Surg 2011; May 5. [EPub])

## Five charged in stabbing

Police have charged five people in the murder of a 27-year-old man in September.

Chrysostom (Tom) Caragay Marquez died from a stab wound he sustained on Sept. 17 at an apartment at 11514-132 St.

"In the past two months we have been able to successfully identify and charge three individuals allegedly who entered the suite of the victim on that date," said Det. Dwayne Lakusta, adding two others are charged with allegedly assisting the attack.

"I can say this was not a random act and the victim did know at least one of the people responsible for this occurrence," said Lakusta.

● SHELLEY WILLIAMSON

## Hockey team back home after rollover

An Edmonton hockey team returned home yesterday after the bus they were travelling in flipped on a snowy Highway 16 near Hinton on Sunday.

One teenaged player and the bus driver remain in hospital in Hinton. Hockey Edmonton's Betty Chmilar said the player was kept as a precaution and his parents are with him.

The SSAC Lakewood Chevrolet Midget AA squad was on its way to a game when the bus slid off the road, landing on its roof.

RCMP said weather and road conditions were poor.

● METRO



► Det. Brian Robertson of the homicide unit speaks to media at EPS headquarters yesterday.

# Killings stretching city's cops to the limit

► Edmonton has recorded 43 homicides in 2011, surpassing its record of 39  
► Police Chief Rod Knecht has said he wants 68 new officers in 2012



SHELLEY WILLIAMSON  
@METRONEWS.CA

In a city that leads the country in homicides, it seems the criminals never sleep.

Fortunately the detectives delving into the cases seldom do either.

"We deal with how much more time we can take before we have a rest," Det. Brian Robertson told reporters yesterday.

In October and November alone, he logged 360 regular hours plus 150

hours of OT, and averaged five hours of sleep.

In addition to this year's 43 homicides, Robertson counts 16 unsolved homicides from other years among his workload.

"It's my opinion some of those 16 are completely solvable if we were able to take the time," said Robertson, a 31-year EPS veteran, 10 in homicide.

Staff Sgt. Dave Spiers credited a 63 per cent clearance rate in 2011 killings to borrowing 12 EPS members from other units.

### Homicide

► The EPS homicide unit is made up of two staff sergeants, 15 detectives, one crime analyst, four civilian staff, one administrator, two disclosure and transcription staffers, a doc-

ument server, and three historical homicide detectives.

► Of 108 unsolved homicides in the city from 2000 to 2010, 60 cases are actively being investigated by EPS investigators, in addition to the remaining unsolved homicides in 2011.

Insp. Stewart Callioux said he admires investigators' sacrifices in dealing with this year's spike in crime.

"They were putting in way too many hours, putting in way too many sleepless nights without a break and being on call week after week after week," said Callioux. He said the additional homicide resources will be needed well into 2012.

# 1

  
news


Police blotter: Frosty the Snowman catches an assault beef after an alleged scuffle with police at a Christmas parade in Maryland. Scan the code for the story.

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Make sure the bottle caps are securely fastened to your ugly stick, because it's time for the mummies parade in St. John's. Video at metronews.ca/video

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## Traffic stop in B.C. nets \$75,000 in jewelry

A speeding car with a broken tail light led B.C. Mounties to \$75,000 worth of jewelry believed stolen in Alberta.

The RCMP say officers

stopped the vehicle on Highway 5 near Kamloops on Nov. 19.

A search of the vehicle turned up the jewelry, including 18-karat gold rings, necklaces and earrings, along with a small amount of marijuana.

The 41-year-old Edmonton man driving the vehicle was arrested for possession of stolen property. **THE CANADIAN PRESS**

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## Doctor's orders: Free parking

► Neurologist says people shouldn't be charged for hospital parking



**HEATHER MCINTYRE**  
@METRONEWS.CA

The buck should stop at paying to park at hospitals, according to the Canadian Medical Association Journal.

An editorial by acting editor Dr. Rajendra Kale, an Ottawa neurologist, says parking charges are a user fee in disguise and an impediment to good care.

But according to Alberta Health Services, the money is needed.

"The parking fees are collected centrally and they offset our expenses," said AHS' Penny Rae, pointing out parking costs total \$60 million this year while revenue is \$55 million.

Multiple parking facilities have been constructed this year and more are needed, said Rae, adding

### Survey

► Every year, AHS does a market survey for parking rates, keeping them consistent in each geographical area. They haven't been adjusted since 2009.

the money also keeps the lots functioning.

But those heading in and out of the facilities agree with Kale.

"It's ridiculous how expensive it is. We bought weekly passes and sometimes there are not even enough spaces, so we double-pay," Debbie Kruger said outside Edmonton's Royal Alexandra Hospital yesterday. "It makes it so hard for people to come and visit. And my dad just went through major surgery."

● WITH FILES FROM SHELLEY WILLIAMSON



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# Egypt heads to the polls for first free election in decades

► **Parliament that emerges from vote may have little relevance if military sharply limits its power**

They waited in long lines for hours to vote, despite a new wave of unrest, fears about a sharply divided society and uncertainty over the nation's future.

For the millions of Egyptians who cast ballots yesterday, the first parliamentary elections since they ousted Hosni Mubarak were a turning point in history — if for no other reason than they were finally getting a chance to be heard after decades of rigged voting.

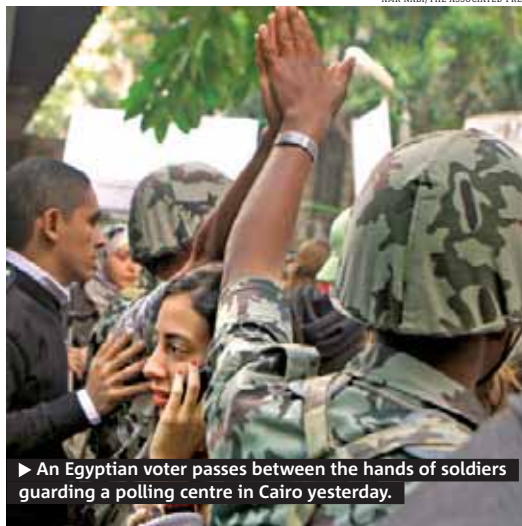
The outcome will indicate whether one of America's most important Middle East allies will remain secular or move down a more Islamic path, as have other countries swept up in the Arab Spring.

**"If you have waited for 30 years, can't you wait now for another hour?"**

**AN ARMY OFFICER, YELLING AT HUNDREDS OF RESTLESS WOMEN AT A POLLING CENTRE IN CAIRO**

"I have hope this time," said Amal Fathy, a 50-year-old government employee who wears the Islamic veil, as she patiently waited to vote. "I may not live long enough to see change, but my grandchildren will."

Since the uprising that forced out Mubarak nearly 10 months ago, Egyptians had looked forward to this day as a celebration of freedom after years of stifling dictatorship. Instead, there has been deep disappoint-



► An Egyptian voter passes between the hands of soldiers guarding a polling centre in Cairo yesterday.

ment with the military rulers who replaced the old regime and a new wave of protests and clashes that began 10 days before the vote.

If there was little jubilation, there was hope — and

even defiance — with many determined to either push the military from power or vote against the Muslim Brotherhood and other Islamist groups who are expected to dominate the balloting. **THE ASSOCIATED PRESS**

## Thailand. Floods



► A Thai woman texts on her cellphone as she wades through knee-high floodwaters on the outskirts of Bangkok yesterday.

ALTAF QADRI/THE ASSOCIATED PRESS

## Rolling in the deep

This year's record monsoon rains have prompted Thailand's worst flooding in half a century. Water levels are slowly beginning to recede in the region as cleanup efforts continue throughout the country.

# Canada to pull out of Kyoto?

Canada heads into climate talks in South Africa this week refusing to publicly show its hand on whether it's in or out of the only global treaty on limiting

greenhouse gas emissions.

Environment Minister Peter Kent says his goal for the meetings in Durban is to come out with a new deal that gets all ma-

ment with the military rulers who replaced the old regime and a new wave of protests and clashes that began 10 days before the vote.

But Kent refused yester-

day to either confirm or deny reports that Canada in fact plans to walk away from the Kyoto accord altogether.

**THE CANADIAN PRESS**



► Greenpeace activists brought their message to Parliament Hill using hundreds of LED lights.

EYE IN THE SKY PHOTOGRAPHY/GREENPEACE



## RICK MERCER REPORT

Tonight, Rick joins the Celebrity Clowns at the 106th annual Toronto Santa Claus Parade.

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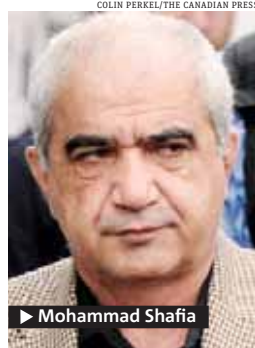
# Dad accused of honour killings sheds tears at trial

► Extensive toxicology tests done on bodies of three sisters, relative  
► Victims drowned, doctor testifies

A father accused of murdering his three daughters and first wife to preserve the Muslim family's honour convulsed in quiet sobs yesterday as autopsy photographs were shown in court.

It was a rare sign of emotion for Mohammad Shafia, who earlier in the proceeding smiled and chatted amiably with his lawyer.

The Shafia's co-accused wife and mother of the girls, Tooba Mohammad Yahya, was allowed to leave court before the testimony, in which a forensic pathologist said the females drowned and showed no signs that they had taken



► Mohammad Shafia

or been administered any drugs or alcohol.

Before the slides were shown, Crown lawyer Gerard Laarhuis warned they could be distressing.

"These are graphic photographs," Laarhuis said. "People need to be prepared to see them."

Shafia's son, Hamed, who is also accused of first-degree murder in the deaths of his sisters, rubbed his eyes as the slides showing the dead women were put up on large screens in Ontario Superior court.

Bodies of the sisters, Geeti, 13, Sahar, 17, and Zainab, 19, were retrieved from a submerged car in a Kingston, Ont. canal in June 2009, along with their father's first wife Rona Amir Mohammad.

THE CANADIAN PRESS

## Bruising

- Three of the four victims did show mysterious minor or moderate bruising to the top or side of the heads.
- But Dr. Christopher Milroy was unable to say what caused the bleeding.
- Nor could he say whether the blows that caused them could have rendered the victims unconscious.
- He was adamant they would have woken up when they hit the water had they been simply sleeping.
- There were no other major signs of trauma to the bodies.



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that allows you to do it, only then will you realize the wealth the Internet can bring you.

**It will change your life... it changed mine.**

My name is Lee Romanov and I launched one of the first Internet businesses in North America that made millions of dollars, even in the 90s.

After recently selling my business to Torstar (one of the largest media companies in Canada and owner of the Toronto Star) I combined all of my Internet experience along with my **immense frustration of technology** and created a website program called **IncomeActivator.com**.

You may know me as a Consumer Advocate helping people save thousands of dollars off their car insurance rates through the company I created, **InsuranceHotline.com**. It's a rate comparison website providing the lowest quote to drivers from over 30 insurance companies. You may also know me from my Talk TV show on CP24, or from my columns in either the Toronto Star or Globe and Mail.

Income Activator allows anyone, at any level, to own and operate a successful online business exactly like the pros. You can activate multiple revenue streams with the click of a mouse while having complete control over your website. You can put up your own pages, pictures, videos, links, create questionnaires and collect data even if you're a one finger typist; and not at all computer savvy.

**You can tap into the millions of dollars flowing through the Internet every day.**

If you don't have a product or service to sell, you can simply provide information on a topic you are interested in. **IncomeActivator.com** gives you the 'know how' and website to put this it into action.

You can put up ads that pay you when a visitor clicks on them, sell products or books, or get paid from lead generation, all with the click of a mouse. Income Activator works for any business imaginable.

A few weeks back **IncomeActivator.com** helped Pat Foran of CTV with the launch of his website and new book **The Smart Savvy Young Consumer**. Pat would not describe himself as an Internet or computer guy. He's a broadcaster, consumer advocate, and author, who has complete control over his website ([www.PatForan.com](http://www.PatForan.com)) and Internet business where you can go right now and buy his books.

I lived through the frustration of trying to get clear answers to Internet questions.

I spent tens of thousands of dollars looking to experts for answers... like how to get search engines to display your website at the top of the search pages. What I found was that each internet expert had only one piece of the puzzle, and none of their solutions came with the technology to put this into action.

I learned... if it's **Not Actionable...** it's **Not Useful**.

I know from experience that an online business can be **Extremely Profitable** and can truly get people out of their financial struggles and allow them to do the things they're interested in and meaningful to their lives.

**I am sick and tired of seeing these 'Get Rich Quick' schemes that take people's money and Do Not Work.**

**My heart goes out to business owners who spend good money only to have their websites out of date the day after it goes online.** If you can't use your website as a marketing tool every day, it'll never be much more than an expensive brochure. You need to be able to go in and tweak your website regularly to capture new online search traffic, and expand your revenue streams.

If you're running Google AdSense on your website, **Income Activator** has it's own Pay Per Click program where you can keep 100% of the click revenue. It also has a built in Referral Program that tracks and bills for lead generation. You can also send out messages to your email lists, or create an online store that tracks and bills for you. It also has a secured Member's section you can activate.

Income Activator is designed to make you successful, not dependant, like other programs out there.

If you have a website you can easily transfer over your content to begin activating multiple revenue streams I've made it **embarrassingly simple**.

**I also learned never take advice from someone that's never made money online.**

When creating **Income Activator** I included both my marketing strategies and revenue streams.

**Income Activator provides a real opportunity for wealth. It's not a get rich quick scheme.**

If what I'm saying is of interest, **you need to be proactive as I'm limiting the sale of the Income Activator website program to the first 2,100 people at an introductory price.** You will then become part of a select group of people sharing their knowledge while growing their online business.

**Owning your own online business is fun and exciting...** it can make you rich when you know what to do and have the technology to do it. I am making myself **available for the next 3 weeks** to answer any questions related to online marketing or **Income Activator** specifically. **I invite you visit [www.IncomeActivator.com](http://www.IncomeActivator.com) now.** I am also giving away one **Income Activator website for Free...** all you need to do is tell me your best online marketing story.

What I know now is that.....if it's **Actionable.....it's Valuable!**

[www.incomeactivator.com](http://www.incomeactivator.com)



# Canada's economy still at risk: OECD

- Harsher fate for countries if Europe's mess spreads
- Domestic confidence down, export sector limited

Europe's debt problems and the global slowdown have weakened Canada's economy and pose even graver risks going forward, warns the Organization for Economic Co-operation and Development.

The OECD said yesterday that Canada is currently going through a rough patch of weak growth because of the deteriorating external environment.

The OECD expects Canada's economy to muddle through and post a soft 1.9 per cent advance next year, followed by a stronger 2.5 per cent expansion in 2013, but all bets are off if the European debt crisis spreads beyond the continent.

"Prospects only improve

if decisive action is taken quickly," said chief economist Pier Carlo Padoa-Schioppa.

While most of the risks stem from Europe, Canada is not totally blameless, the OECD says, citing "high levels of household indebtedness (that) are eroding consumer confidence."

The International Monetary Fund and the Economist magazine have flagged record levels of household indebtedness as risks to the Canadian economy. Household debt is at about 150 per cent of disposable income, an all-time high.

Still, Canada's economic expansion over the next two years will vie with the U.S. for tops in the G7 — which also includes euro-

## Market moment

TSX


+ 178.15  
(11,640.21)

Dollar


+ 1.29¢  
(96.58¢ US)

Oil


+ 1.44¢ US  
(\$98.21 US)

Natural gas

\$3.364  
(- 17.8¢)

Gold

\$1,710.80  
(+ \$25.10)

zone members Italy, France and Germany.

THE CANADIAN PRESS

## Smarter. Car



► Toyota Motor Corp. unveiled futuristic concept car Fun-Vii yesterday at the upcoming Tokyo auto show, which opens to the public this weekend.

KOJI SASAHARA/THE ASSOCIATED PRESS

## Tweet at the touch of a car door

Resembling a giant smartphone, the car works like a personal computer and allows drivers to connect with others with a tap of a touch-panel door.

## 12 days of expenses

The price of partridges, pear trees and turtle doves has spiked, pushing the cost of every item mentioned in the carol, The Twelve Days of Christmas, above \$100,000 for the first time.

The 364 items repeated across the verses would

cost \$101,119, an increase of 4.4 per cent over last year, according to the annual Christmas Price Index compiled by PNC Wealth Management. The broader government Consumer Price Index increased by 3.9 per cent over the same period.

Those with the money to spend would end up with 12 drummers drumming, 22 pipers piping, 30

lords-a-leaping, 36 ladies dancing, 40 maids-a-milking, 42 swans-a-swimming, 42 geese-a-laying, 40 gold rings, 36 calling birds, 30 French hens, 22 turtle doves, and 12 partridges in pear trees (excluding bird maintenance). Buying just one set of each verse in the song will cost \$24,263 this year — a moderate 3.5 per cent rise. THE ASSOCIATED PRESS



"No extra fees, no hassle and I feel like I'm getting real value for my money."

\*James C. of Ottawa  
WIND CUSTOMER SINCE OCT 2010

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# GIVING UP ON HIGHRISE LIVING

## SHE SAYS ...

JESSICA NAPIER  
METRO



do building, I left my highrise rental for something entirely different.

I found a newly finished basement apartment in a beautiful Victorian house on a wide leafy street a mere 15-minute walk away from my old address. And even though my postal code remains the same, my new place feels a world away from the glass and concrete wasteland I once called home.

Back on street-level (well, I guess technically I'm below it) there is a whole world I had forgotten about, a diverse neighbourhood where people manicure their lawns and next door's cat prowls by your window.

Subterranean living has its deficits for sure — natural sunlight is at a minimum and cellphone reception is spotty at best. Taking out the garbage has become a real chore

rather than something I could send down a magical "someone else's problem" chute.

And, yes, the view leaves a lot to be desired (the view is dirt; it's a basement, remember). But you know what? The lookout on the 21st floor had its problems too. It was unnerving how easy it was to peer into the private goings on of the residents in the adjacent condo development. After a while it started feeling a little bit too much like Rear Window for my liking.

I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube.

I'm no longer tripping over my furniture and I can actually have more than two guests over for dinner; I just can't invite anyone over six-foot-six.

I'm sure the novelty will wear off eventually, but for now living in a brick-and-mortar-home again is oh so charming. I'm comforted by the ambient noise of the furnace and footsteps overhead. Rather than suffocating on recirculated condo air, I wake up in the morning to a refreshing chill of a real house.

Downtown space is at a premium and building upwards is the obvious solution for overcrowded cities. But while vertical living is an unavoidable reality, I'm not sure that people are meant to live 20-something floors up in the air. There's just something much more human about being back down to earth.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Did you win your Grey Cup bet?

67%

YES! I KNEW  
THE LIONS  
WOULD  
COME  
THROUGH



33%

NO. THE  
BOMBERS LET  
ME DOWN

## Local tweets



► @LadyBrandi:  
That was  
decent #safe-

way #yeg didn't make me pay the difference of the exchange of rice vinegar lid was broken. & it was the last of its kind

► @inowhatyoudid: I stepped on my scale and it said "one at a time please". Always the smart ass.. #yeg

► @michpetersjones: What's up with all the fire engines @ualberta? Hope no one's hurt! #yeg

► @thepolishviking: Today is a giant write-off as a mega brain-fart day #yeg

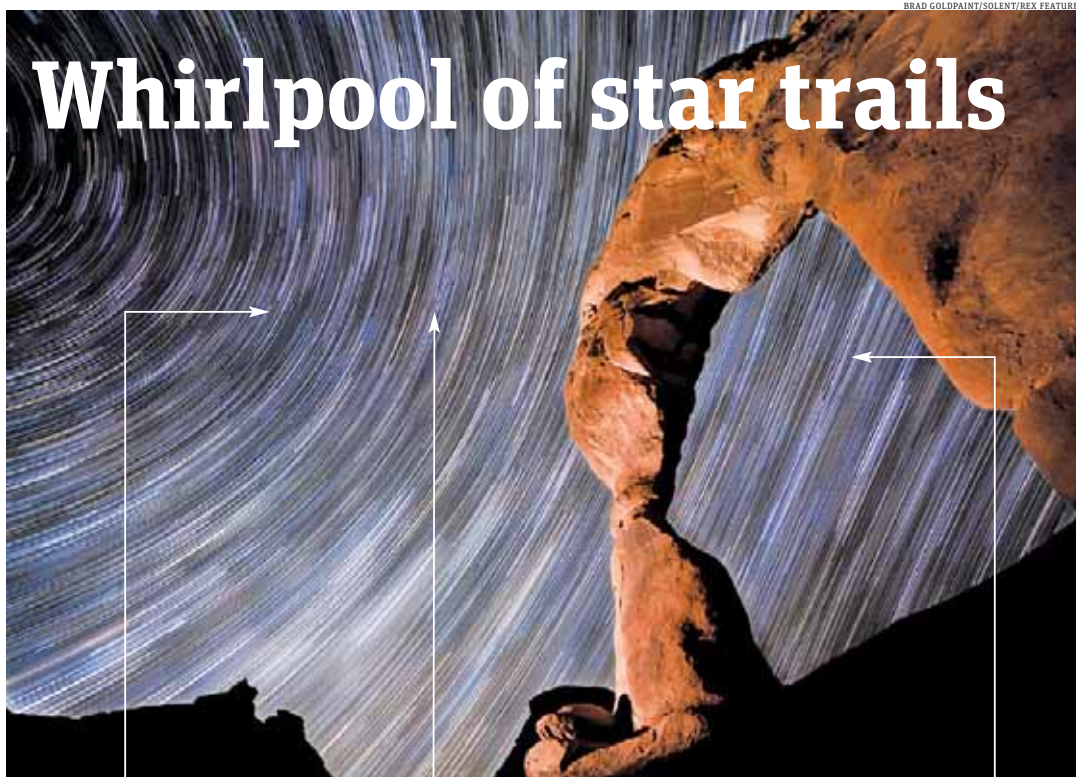
► @wastedgenius: Wow, #yeg looks like it's going through Spring thaw. In reality, just a pat on the back before a knife in the ribs. #icicleweaponry

► @DoubleTAP49: Maybe it's just my unselfishness, but couldn't the #occupy protestors help out at any of the wonderful charities in #yeg to better things???

► @\_mmsx: 3 peace officer vehicles & 2 eps cars. aaaa whadupppp clareview. #yeg #ets

► @AshleyKumo: Anyone know what they're building beside belvedere station? #YEG #yegtransit

# Whirlpool of star trails



## Camera snaps starry beauty

**THOMPSON, UTAH.** The slow motion of a wild, starry night was captured in a single frame by photographer Brad Goldpaint, who shot this image from a 305-metre shear drop in Arches National Park. Brad trekked 2,092 kilometres across the States, snapping landscapes to capture "inspirational elements within the natural world." ● MWN



"I want to illustrate the unknown and put it together with earthly landscapes."

BRAD GOLDPAIN,  
PHOTOGRAPHER

## Snap a 'star trail'

- **Use a sturdy tripod.** Any movement will put "squiggles" in your trails.
- **Use a wide-angle lens.** The 35mm equivalent of 20-50mm focal length is good.
- **Open the shutter.** Leave it open as long as possible. Longer exposures mean longer star trails.
- **Choice of camera.** "Nikon. I shoot in a raw-image format."

## They call these lines 'star trails'

**PHOTOGRAPHY.** Hallucinatory, spell-binding — perhaps nauseating? These are star trails, a feature specific to astrophotography. They are lines of light made using time-lapse photography: stars recorded as the Earth rotates over time by a camera with an open shutter to produce these stunning circular lines. ● MWN



# Battle of the box sets

Do you have a music geek in your house? Check out some of these epic box sets  
These collections dig deep to satisfy the hunger of the most rabid fans

## U2: Achtung Baby Super Deluxe Edition Box Set

Longevity in the music business can be traced to a pivotal moment in an artist's career, and for U2, that milestone was Achtung Baby. The 1991 album represented U2 2.0, the point where the band reinvented itself. Now fans

can experience the making of the classic recording with a box set that includes nearly as many discs as album releases. The album that spawned such classics as One and Mysterious Ways was recorded in Berlin during a tumultuous period for the band. After experiencing the mega-success of The Joshua Tree and the concert film Rattle and Hum, the band was at a

crossroads. So they broke away from their families to find their sound in a distant land. After a great deal of tension, they found what they were looking for with One, and the rest fell into place. Not only were they able to churn out the remainder of the album, but they also recorded the follow-up, Zooropa. The collection consists of six compact discs and four

DVDs, including the documentary, From the Sky Down, and a Zoo TV special. Other goodies include a hardcover book and 16 art prints. There's a scaled-down two-disc set that includes 14 additional tracks, and an uber-deluxe version that includes a set of collectible vinyl singles, a magnetic puzzle tiled box, and a pair of Bono's trademark Fly sunglasses.



## Nirvana: Nevermind Super Deluxe Edition

Working through the hours of material on this 20th anniversary celebration of Nirvana's Nevermind is an unexpectedly melancholy experience. When Nevermind hit the street in 1991, destroying hair metal in just a few bars of Smells Like Teen

Spirit, it reshaped not just rock music but pop and punk and America. Listening to the various versions of Nevermind in this edition, one of two commemorative releases, reminds us that no one's really come close to carrying the standard in the years after Nirvana's fiery flare across the night sky. The super

deluxe version is both fascinatingly deep and needlessly so at the same time. There are four discs with 69 cuts that include a remastered version of the original album, various B-sides, live cuts and unreleased versions and even a few early boom box proto-recordings that provide a glimpse at the evolution of Nirvana's

biggest hits. There's also a book that includes photos and other artifacts from the period. The highlight of the super deluxe edition is the Nirvana: Live at the Paramount DVD of the band's Oct. 31, 1991, concert in Seattle. Things were just starting to blow up and the band is young and powerful.

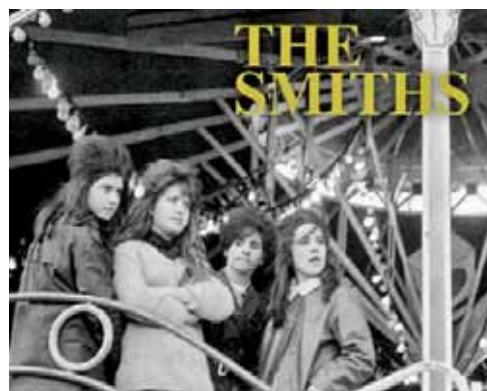
## The Smiths: The Smiths Complete

This is a swank box set, in both CD and vinyl, containing all four studio albums released in an astounding flurry between 1984 and 1987 and four more discs of live bits and odds and ends. Morrissey's sweetly crooned rancour and cutting indignation remain a soothing balm years later, and Johnny Marr's diamond-lattice guitar work

is still every bit as engaging as it was in the mid-1980s, despite all the copycats and pretenders over the years. These albums were grenades lobbed at the establishment at the time and should find fresh ears in the 21st century. Morrissey and his mates were reacting to the growing elitism of the wealthy and the many inequalities of modern society. Many of the same themes have re-emerged 25 years later in

the age of Occupy Wall Street. The Smiths have aged very well. The Queen is Dead and Vicar in a Tutu remain vibrant and alive, the sneer still fresh on the lips. There is a Light That Never Goes Out and I Want the One I Can't Have remain just as heartbreakingly sad. And songs like How Soon is Now and London still rock with an unexpected ferocity. One disappointment is the light liner notes.

THE ASSOCIATED PRESS



## Scene in brief



Justin Bieber is the king of the web in the U.S. but gets less love from his home country, according to year-end search results from Bing.com.

According to Microsoft's search engine, Bieber was the top searched person in the U.S. in 2011 but barely cracked the Top 10 list in Canada at No. 9. The top searched celebrity in Canada was Kim Kardashian, while she was second in the U.S.

THE ASSOCIATED PRESS



Scan this code for the top searches on Bing.ca in 2011.

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## DVD Releases

Buy it ●●●●●● | Rent it ●●●●●● Borrow it ●●●● | Yawn ●● | Don't bother ●●

**Sarah's Key****Genre:** Drama**Director:** Gilles Paquet-Brenner**Stars:** Kristin Scott Thomas, Melusine Mayance, Niels Arestrup ●●●●

In this potent Holocaust drama, Julia (Kristin Scott Thomas) is an American investigative journalist working at a contemporary magazine in Paris. She seeks elusive facts regarding the infamous Vel' d'Hiv Roundup, the 1942 mass arrest of that city's Jews, many of whom were turned over to occupying Nazis by their collaborationist fellow Frenchmen. As Julia probes the poorly documented events of 1942, she uncovers evidence of a personal connection to them, evidence that changes everything she knows about her world. Once this truth is known, it can never be unknown, no matter how many people — her husband included, insist that



it's ancient history. Meanwhile, director Gilles Paquet-Brenner (working from Tatiana de Rosnay's international bestseller as source material) introduces us to Sarah, a 10-year-old Jewish girl living with her parents and four-year-old brother in wartime Paris. When the gendarmes arrive at her home in 1942 to do the Nazis' bidding, quick-thinking Sarah (Melusine Mayance) hides her brother in a secret locked closet, promising to return for

him. She keeps the key close, little suspecting how difficult it will be to use it again.

● PETER HOWELL

**Another Earth****Genre:** Drama**Director:** Mike Cahill**Stars:** Brit Marling, William Mapother, Matthew-Lee Erlbach ●●●●

Starring director Mike Cahill's co-writer Brit Marling, this Sundance prize winner tells a sci-fi story within the realm of in-

tense human emotion, and with minimal special effects. A double of planet Earth, called Earth 2, is discovered to be moving alarmingly towards Earth 1. But events that concern the protagonists are at ground level, beginning with a tragic car accident caused by astrophysics student Rhoda (Marling). Returning from a party of much imbibing, she's too busy marveling at Earth 2 from her car window to notice an approaching family sedan. A boy and his pregnant mom are killed in the crash. The father, former Ivy League music professor John Burroughs (William Mapother, TV's *Lost*), is left in a coma. Rhoda is sent to jail for four years. Upon her release, she learns Burroughs has come out of his coma, with no memory of the crash. To atone for her sins, she pretends to work for a cleaning agency, and offers a "free trial" to Burroughs, who is badly in

need of assistance in his neglected country abode. As Rhoda scrubs away physical grime, will her psyche also rub clean?

● PETER HOWELL

**Our Idiot Brother****Genre:** Comedy**Director:** Jesse Peretz**Stars:** Paul Rudd, Elizabeth Banks, Zooey Deschanel ●●●●

Comic smartie Paul Rudd is theoretically out of his comfort zone in this wry comedy, in which he's called upon to play a gentle soul, Ned, who is utter-

ly without guile and thus always getting himself in trouble. Ned can be clueless — can't we all? — but he's no imbecile. He prizes sincerity in a world that runs on deception. Ned is brother to three demanding females: overprotective mother of two Liz (Emily Mortimer), abrasive Vanity Fair writer Miranda (Elizabeth Banks) and flaky party girl Natalie (Zooey Deschanel). Who's the real fool? Maybe Ned isn't as accident-prone as he lets on.

● PETER HOWELL



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# Bob Miley or Lyin' Miley?

► Cyrus retracts her self-incriminating statement about being a stoner

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONews.ca



Hannah Bongtana, it's time to come clean.

After it surfaced over the weekend via

The Daily that Miley Cyrus was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. and quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f---in' weed," she is now retracting it, saying the

video was all a "joke."

Her rep tells TMZ that Miley was joking about the cake and that the Bob Marley reference was because her friend Kelly Osbourne has been calling her Bob Miley since she saw a video of her ripping a huge bong hit last year. Cyrus then claimed that it was salvia, a harmless herb, and not marijuana in the bong.

Cyrus's rep says that Miley is not a pothead. Pfft. Right.

Because non-stoners are known for their love of all things Bob Marley.

My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room because it matches her sofa.



► Miley Cyrus

ALL PHOTOS GETTY IMAGES

## Celebrity tweets



Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.



@Oprah

Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f---ing TWITTER for Christ sake.



@rickygervais



@MissKellyO

Taking my papa grocery shopping!



@ConanOBrien

Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.

## Charlize the ugly duckling?

Speaking of people totally lying, Charlize Theron, who is now on the circuit promoting her new film Young Adult, is trying to make us believe that she wasn't beautiful nor popular in high school (how many "pffts" can I fit into one column?).

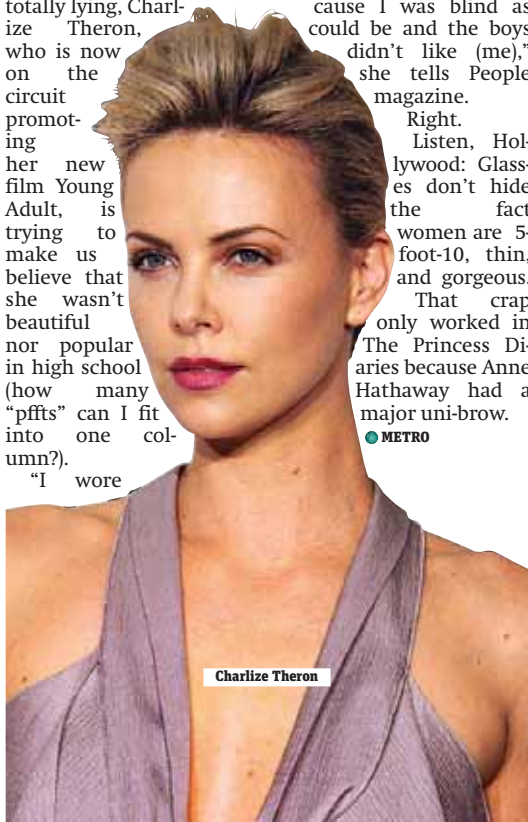
"I wore

really nerdy glasses because I was blind as could be and the boys didn't like (me)," she tells People magazine.

Right. Listen, Hollywood: Glasses don't hide the fact women are 5-foot-10, thin, and gorgeous.

That crap only worked in The Princess Diaries because Anne Hathaway had a major uni-brow.

● METRO



Charlize Theron

## Pippa scores a \$600K book deal

Royal sister-in-law Pippa Middleton has secured a nearly \$600,000 advance to write a party planning book, according to the Mail on Sunday.

An auction for the socialite's project had reportedly been going on for weeks, with publisher Michael Joseph, an imprint of Penguin, coming out on top.

"It will be about entertaining and how to throw

the perfect party," a source says.

"It's not just about being the perfect hostess — it will also include recipes and information about how to host different types of events."

The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

● METRO

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# 3 life

## A new study shows

### Cupcakes are as addictive as cocaine

Processed, sugary foods are as addictive as cocaine or nicotine, say scientists from Yale University. When binge eaters were shown images of food, the decision making part of their brain experienced a surge dopamine in the same way an addict would respond to seeing drugs.

METRO  
WORLD  
NEWS



Canada's health-spending has 'mixed results' compared to other countries: CIHI

# Get healthy, get a dog

► A new study shows that dog owners stay more active than their counterparts during the winter ► Lead author suggests they can have positive effects beyond just increased activity



**CELIA MILNE**  
LIFE@METRONews.ca

Not rain, not ice, not snow, not sleet can keep your doggie off his feet.

People who own dogs benefit health-wise from their pet's need to go for walks all year long.

A recent study at the University of Calgary found that having a dog keeps owners active and walking, even in horrendous weather.

This is significant because a large percentage of Canadians — 64 per cent — are inactive during the winter. Who can blame them? In Calgary, in the dead of winter, sunset occurs less than eight hours after sunrise and the mean temperature ranges from -8.5 to 1.5 degrees C, say the authors.

There's nothing like a pair of big brown, begging eyes and some adorable furry eyebrows to get you to don your mitts, hat, boots and parka, and get outside.

"By acting as cues for physical activity, dogs may help their owners remain active across seasons," says Parabhdeep Lail, lead author of the study and a medical student at the University of Calgary.

He and colleagues studied the walking habits of 428 Calgarians in both



► A recent study once again proves what we all know — dog owners are better people.

summer and winter. In the group, there were 115 dog owners.

The dog owners were at least three times more likely than non-owners to be consistent about walking in their neighbourhoods for recreation, the study found.

"This can have a positive effect on others in the community," reported Lail.

Seeing neighbours out-

doors walking their dogs encourages non-owners to get out and walk and makes people feel safer in their communities.

Lail and his colleagues suggest that dog-friendly neighbourhoods — including housing that allows dogs and parks that support dogs — may assist in enhancing population health by promoting physical activity.

## In winter

Physical activity can help prevent some chronic diseases.

► **Get active** Physical activity tends to wane in winter-time, says Parabhdeep Lail, a medical student at the University of Calgary. Owning a dog may be a good antidote to winter

inertia, he says. People generally know that participation in regular physical activity is important for the prevention of many chronic diseases, including type 2 diabetes, hypertension, cardiovascular disease, obesity, osteoporosis, some cancers, irritable bowel syndrome, dementia and depression.

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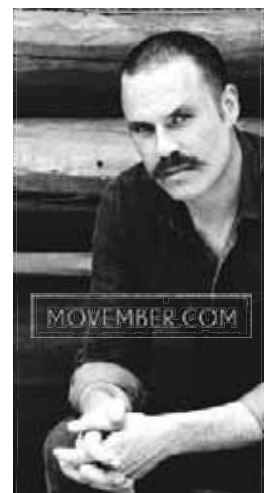


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# The effect of loneliness

► A new study published in the American Academy of Sleep Medicine suggests that how lonely you are impacts how well you sleep ► We take one step further and find out other adverse effects loneliness can have on your life



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METRO WORLD NEWS IN LONDON

John Cacioppo, an expert in the biological effects of loneliness, wants people to know that feeling lonely has nothing to do with being alone. You can suffer from loneliness yet be surrounded by people, if you feel as if you have no one you can trust or confide in.

"It's the subjective experience of loneliness that is harmful, not the actual number of social contacts a person has," he says.

When loneliness develops into a chronic condition, it becomes a risk to both mental and physical health.



## You'll sleep like a baby, literally

Loneliness causes sleep to become fragmented.

"When you're sleeping, your guard is down. If you're lonely your brain will subconsciously know there's no one out there to

protect you and this insecurity is what causes you to fret," explains Lianne Kurina, assistant professor of epidemiology at the University of Chicago.

Fatigue takes over as your body has less time to repair and recuperate.

## You'll get comfort from cupcakes, not company

Lonely people seek sources of pleasure that aren't affiliated with others. Their body craves, and abuses, pleasurable substances such as fatty or sugary foods and alcohol. In a

way, it's a form of self-medication, as these provide a superficial, short term high and make up for the lack of dopamine present in their system.

"Lonely people cave in so easily because as their brain is already on the look out for so many threats, it becomes less well tuned to controlling," explains Cacioppo.

## You'll be more prone to catching the flu

We are genetically designed to adapt to loneliness. We become more vulnerable to viruses as our body focuses on fighting bacteria.

"Viruses are affiliated with human contact (sneezing, saliva) but if you're lonely your brains identifies physical contact as non ex-

istent or hostile so drives all your energy into healing cuts or abrasions," says Cacioppo.

## Stress will take over your body

Chronic loneliness activates the sympathetic nervous system. Responsible for coordinating the body's 'fight or flight' response to stress, the system is designed to prepare the body for looming threat.

This state of alert triggers a number of physiological changes. Vascular resistance goes up, tightening of the arteries, which raises blood pressure. Levels of cortisol, the stress hormone used as an emergency supply of energy to boost the immune system, increase."

## Best Health Minute



**BONNIE MUNDAY,  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE**

## In The Raw

If you've heard of the raw-food diet, you've probably also heard that raw fruits and vegetables are always better for you. Yes, heat destroys enzymes in foods that make them more easily digestible. But cooking also breaks down fibre, making these foods easier for your body to process.

Scientists have discovered that cooking even boosts levels of important compounds.

For instance, ketchup — which contains concentrated tomatoes — has five to six times more lycopene, a cancer-fighting antioxidant, than raw tomatoes do. Heat does rob fresh produce of some nutrients, especially vitamins that dissolve in water.

But cooking actually increases the antioxidant levels of some vegetables, such as corn and carrots. If you like raw produce, crunch away. But don't fear the vegetable steamer.

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# Wok this way for noodles

► Oodle Noodle serves up a vast array of options that come in large portions

## LUNCH RUSH

CHRISTOPHER THRALL  
FOOD@METRONEWS.CA



Despite the helpful pictures of each entrée, there were simply too many lusciously-described options on the Oodle Noodle menu board to assimilate.

The line of regulars moved quickly towards the cash-only till and I seized on the last item I read:



► Bangkok Pad Thai (\$9.50).

CHRISTOPHER THRALL

► **Oodle Noodle**  
10803 Whyte Ave.  
780-988-7808  
oodlenoodle.ca  
Categories: Friends, co-workers or solo  
Licensed: No  
Price: Low  
Rating: 4.5 out of 5

Bangkok Pad Thai (\$9.50) with housemade tamarind sauce and a can of iced tea (\$1.25).

My hefty takeout box was readied instantly by hyperkinetic sous-chefs on a row of blazing woks. It was stuffed to the brim

with crisp veggies, tender meat and delicious rice noodles. And unlike its competitors, Oodle Noodle makes sure that noodles, chicken, prawns and flavour extend all the way to the bottom of the box! I managed to finish the

substantial serving, though I could have easily taken home half for another lunch. On my way out, I nodded at the row of "best takeout" awards on the wall. Staying or going, a lunch rush here means you're using your noodle.

## Easy swiss fondue



THE CANADIAN PRESS/H/O

### Preparation:

**1** In bowl, toss grated cheeses with cornstarch to coat. Rub inside of fondue pot with split garlic clove. In heavy-bottomed saucepan, heat wine to just below boiling point over medium heat. Whisk in cheeses in small amounts, adding more as cheese melts. Stir in Kirsch to make a smooth sauce.

**2** Place fondue pot over fondue burner, pour in cheese mix and adjust heat so cheese keeps warm, but

### Ingredients:

- 250 g (8 oz) Gruyere, Emmental and Appenzeller cheeses, shredded
- 7 ml (1 1/2 tsp) cornstarch
- 1 garlic clove, split in half
- 175 ml (3/4 cup) white wine
- 30 ml (2 tbsp) Kirsch (optional)
- 1 baguette, cut into cubes

does not bubble. Use long-handled forks to dip bread cubes.

THE CANADIAN PRESS/  
JANE RODMELL, ALL THE  
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# HOLIDAY OFFICE GIFTS: DON'T GO OVERBOARD

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Now that the holiday season is fast approaching, I'm once again confused and, more importantly, stressed about office holiday gift giving. When to give, what to give and how much to spend. Stressed for the Holidays

Dear Stressed for the Holidays,

The holidays are a stressful time for many people, so let's first try and take a little bit of the stress away.

Let's deal with the easy question: How much to spend?

First and foremost, you should only spend what you can afford. It is foolish to put yourself in debt just



ISTOCK

if everyone really wants to exchange presents, then a "Secret Santa," where you buy for one person, is just fine. But remember to stick to the agreed-upon budget and more importantly remember to be tasteful in what you buy.

The entire office will see this and being the office clown is not always a good thing. In fact, what was funny at the time you bought it in the store can be a big disaster in a professional office setting a few days later.

Deep breath, it is all going to be OK. Just make your list, set your budget and stick to it.

Oh and one final important rule: Don't wait until the last minute; go do your shopping now and get it over with.

You will love having your feet up on a cold winter's evening when everyone else is shopping and grumpy.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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# 'Tis the season to be resourceful

## FUN AND FRUGAL

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Being resourceful throughout the holidays saves you money and reduces

waste. For example, going all out on wrapping paper and bows kills trees and costs a few dollars per present. Why not reuse gift bags you've accumulated throughout the year?

Or, if you've prepared baked goods, give them out in reusable (and returnable) Tupperware rather than in disposable plastic baggies.

Check your jacket pockets, purses, in between the couch cushions and in junk drawers for coins or bills.

Do you have partially used gift cards taking up space in your wallet? Have you cashed in all your Groupons? Use up any leftover pennies, dollars and coupons toward gift purchases. Next, check for re-gift opportunities. Did you get duplicate copies of your favourite book for your birthday? Or did you win an



iPod at work that you don't need because your existing one is perfectly fine?

Don't be embarrassed by re-gifting. If you can't use something, give it away. Otherwise it'll go to waste and collect dust.

What loyalty programs do you belong to? Air Miles, Aeroplan, credit card rewards, grocery store points? Depending on your loyalty program you could cash in your points for gifts such as electronics or travel.

If you're of the mindset that you should keep saving up your points for a massive trip in a few years from now, think again.

The longer you wait to redeem points, the more

**Saving money throughout the holidays isn't the same as being a cheapskate.**

likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Thus, your points become less 'rewarding' over time. Take advantage of them this holiday season and save money!

Saving money throughout the holidays isn't the same as being a cheapskate. Both your bank account and the environment benefit from your resourcefulness.

### Holiday spirit

Can you force a teen to volunteer for a good cause?

▶ "If you persist there's a reasonable chance that they might actually do it, but there also is a chance that they won't," says Anthony Wolf, a psychologist and author of *I'd Listen To My Parents If They'd Just Shut Up*.

▶ "Whether they do or don't participate," he said, "the big picture is: 'What I really care about is that they basically become a good person.'"

fies at the holidays, especially among older kids who crank up gift demands but can't be coaxed to give back. **THE ASSOCIATED PRESS**

## When your kids are full of gimmes

As the daughter of a minister, Jennifer James travelled frequently while her family served the less fortunate, from the rural heartland to the inner city. A lot of the time, she went without as a kid.

"My earliest memories are of working among the homeless in downtown Los Angeles, dipping ice cream for drunks," she said. "I learned a lot and I was a better person for it, but there was a lot of pain along the way."

In her zeal to spare her own three kids, the 44-year-old mom in Oklahoma City, Okla., has given them a

world she didn't know — braces on their teeth, fancy computers and private schooling.

"Pretty soon it's like the kids just expect it and think you're giving so much because they're just that fantastic and not because you're making sacrifices," James said. "They have no paradigm for sacrifice. Now I'm trying to wind the skein of yarn back up and it's not easy."

Call it entitled child syndrome, the chronic gimmes or just plain spoiled. The lament is a familiar one for many well-meaning parents year round but intensi-

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sports

## Quoted



**"I've said it for three years now: I don't care if I'm known as the luckiest coach in the league. That's great. As long as we win, that's fine with me."**

NEW YORK JETS HEAD COACH REX RYAN YESTERDAY IN RESPONSE TO PEOPLE CALLING HIS TEAM A LUCKY BUNCH. THE JETS NEEDED A BRILLIANT CATCH BY PLAXICO BURRESS AND A FEW DROPS BY BUFFALO'S STEVIE JOHNSON, BUT RYAN SAID HIS TEAM DID EXACTLY WHAT IT NEEDED TO IN ITS 28-24 WIN OVER THE BUFFALO BILLS SUNDAY.



Scan code for more sports.

# Predators eat up Oilers

► Edmonton drops second straight game in low-octane clash with Nashville

JOHN ULAN/THE CANADIAN PRESS



► Edmonton's Ryan Smyth, left, is knocked down before getting a shot on Nashville goalie Anders Lindback at Rexall Place last night.

Nick Spaling scored the game winner in the third period as the Nashville Predators snapped a four-game losing streak with a 2-1 victory over the Edmonton Oilers last night.

Nashville broke the 1-1 deadlock with just under eight minutes to play as Jordin Tootoo passed to Spaling, who buried his third of the season.

Shea Weber also scored for the Predators (11-8-4), who were playing the third game of a tough five-game road trip.

Jordan Eberle replied for the Oilers (12-10-2).

Edmonton started the



scoring seven minutes into the contest. Ryan Nugent-Hopkins made a nice spin move around a defender and got it to Eberle, who lifted his own rebound off

## 7-10

The Oilers have lost seven of their last 10 games after last night's defeat.

of a defender over the glove of Nashville starter Anders Lindback for his eighth of the season. It was Edmonton's first shot of the game.

Edmonton had only four shots to Nashville's six on Oilers netminder Nikolai Khabibulin in the first period.

Nashville was given a big break six minutes into the

second period when Ryan Jones was called for a suspect major penalty after a big hit on Blake Geoffrion that was deemed an elbow. Geoffrion left the game and did not return.

The Predators tied the game up just before time expired on the power play when Weber's shot from the right circle snuck past Khabibulin.

Edmonton had a good chance to gain back their lead early in the third when captain Shawn Horcoff had a short-handed partial breakaway but shot the puck wide of the Nashville net. **THE CANADIAN PRESS**



► Wally Buono hoists the Grey Cup on Sunday.

## Lions think Buono will walk away a champion

B.C. Lions players expect Wally Buono to relinquish his coaching duties but retain a management role after guiding the CFL club to a Grey Cup victory.

"I don't think he'll come back as coach, but I don't think he's just going to step away from football," said Lions defensive back Korey Banks yesterday at their practice facility.

Buono, who is currently general manager and coach, led the Lions to a championship Sunday in a 34-23 win over Winnipeg.

Players say Buono has not told them of his decision, but the CFL's all-time winningest coach will not come back with the sole purpose to win a sixth Grey Cup as head coach.

"You have to respect the game and you have to respect the tradition of Grey Cup, but if that's your motivation, I think that's very selfish," said Buono, a head coach for 22 seasons. "It's not about that. What I've got to decide on is what I think is best for the organization, but I've also gotta decide on what's best for me." **THE CANADIAN PRESS**

# Time runs out on pair of bench bosses

Trouble was in the air at least a couple weeks before the axe came down on Bruce Boudreau and Paul Maurice.

With the Washington Capitals and Carolina Hurricanes falling in the standings, both men knew they were on thin ice before getting fired hours apart yesterday.

Both coaches had similar problems. The captains of both teams are struggling mightily. As of yesterday,

Eric Staal of the Hurricanes was a league-worst minus-17 and on pace for his lowest point total since his rookie year. Washington's Alex Ovechkin, once the NHL's undisputed goal-scoring king, was tied for 38th in that category.

Boudreau had been under fire for a calendar year, before Washington named former Capital Dale Hunter as his replacement yesterday.

Maurice was expected to

help a team with modest talent overachieve. With the playoffs slipping from view, Carolina GM Jim Rutherford decided to see if former NHLer Kirk Muller can get more out of the players than Maurice.

Both Muller and Hunter will be NHL head coaches for the first time — Muller arrives from the AHL's Milwaukee Admirals and Hunter from the OHL's London Knights.

**THE CANADIAN PRESS**



► Washington captain Alex Ovechkin, left, talks with the Capitals' new head coach Dale Hunter at practice yesterday.

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS



NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	24	14	6	2	2	77	59	32	8-1-2-0	6-5-0-2	6-3-1-0	W2
d-Toronto	24	14	8	1	1	79	75	30	6-3-1-1	8-5-0-0	5-4-0-1	W3
d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	68	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	23	11	10	0	2	63	72	24	7-3-0-0	4-7-0-2	5-5-0-0	L1
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	24	14	7	1	2	79	74	31	7-1-0-2	7-6-1-0	6-4-0-0	W2
d-Minnesota	24	14	7	2	1	57	53	31	9-4-1-0	5-3-1-1	7-3-0-0	W1
d-Dallas	24	14	9	0	1	62	65	29	8-3-0-1	6-6-0-0	3-6-0-1	W1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
San Jose	20	13	6	1	0	60	46	27	6-4-1-0	7-2-0-0	7-2-1-0	L1
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Nashville	23	11	8	3	1	60	62	26	4-3-2-1	7-5-1-0	4-4-2-0	W1
Los Angeles	23	11	8	2	2	55	55	26	6-6-0-1	5-2-2-1	5-4-1-0	L2
Edmonton	24	12	10	0	2	65	60	26	6-3-0-1	6-7-0-1	3-7-0-0	L2
Colorado	24	10	13	1	0	62	73	21	4-9-0-0	6-4-1-0	3-7-0-0	L1
Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

- Nashville 2 Edmonton 1
- Dallas 3 Colorado 1
- Minnesota 3 Tampa Bay 1
- San Jose at Los Angeles
- Sunday's results**
- Calgary 5 Minnesota 2
- Ottawa 4 Carolina 3
- Toronto 5 Anaheim 2
- St. Louis 2 Columbus 1
- Tonight's games**
- N.Y. Islanders at Buffalo, 7 p.m.
- St. Louis at Washington, 7 p.m.
- Florida at Carolina, 7 p.m.
- Pittsburgh at N.Y. Rangers, 7:30 p.m.
- Ottawa at Winnipeg, 8:30 p.m.
- Phoenix at Chicago, 8:30 p.m.
- Nashville at Calgary, 9:30 p.m.
- Columbus at Vancouver, 10 p.m.

Tomorrow's games

- Boston at Toronto, 7 p.m.
- Tampa Bay at Detroit, 7:30 p.m.
- New Jersey at Colorado, 9:30 p.m.
- Minnesota at Edmonton, 9:30 p.m.
- Montreal at Anaheim, 10 p.m.

PREDATORS 2, OILERS 1

First Period

- 1. Edmonton, Eberle 8 (Nugent-Hopkins) 7:07
- Penalty** — Weber Nash (roughing) 8:49.

Second Period

- 2. Nashville, Weber 4 (Suter, Lindback) 11:34 (pp)
- Penalties** — Tootoo Nash (diving), Jones Edm (elbowing major), Peckham Edm (cross-checking) 6:35, Kostitsyn Nash (interference) 6:55, Josi Nash (tripping) 8:31, Tootoo Nash (high-sticking) 18:51.

Third Period

- 3. Nashville, Spaling 3 (Tootoo, Smith) 12:21
- Penalty** — Teubert Edm (high-sticking) 2:25.
- Shots on goal by**
- Nashville 6 16 9 31
- Edmonton 4 7 7 18

**Goal** — Nashville: Lindback (W,1-1-0); Edmon-ton: Khabibulin (L,9-5-2).

**Power plays (goals-chances)** — Nashville: 1-3; Edmonton: 0-3.

**Referees** — Tom Kowal, Kyle Rehman. **Lines-men** — Thor Nelson, Jay Sharrers.

**Att.** — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Toews, Chi	13	12	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Stamkos, TB	14	10	24
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Nugent-Hopkins, Edm	10	14	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23
Ma.Hossa, Chi	9	14	23
Eberle, Edm	7	16	23
P.Kane, Chi	7	16	23
Benn, Dal	6	17	23
Franzen, Det	10	12	22
Sharp, Chi	10	12	22
Malkin, Pgh	8	14	22
Selanne, Ana	8	14	22
Spezza, Ott	8	14	22
Weiss, Fla	8	14	22
Skinner, Car	9	12	21
J.Thornton, SJ	5	16	21
Karlsson, Ott	1	20	21
PavelSKI, SJ	11	9	20
Eriksson, Dal	10	10	20
Marleau, SJ	10	10	20
Elias, NJ	8	12	20
Plekaneec, Mtl	5	15	20
Vrbata, Phx	11	8	19
Pacioretty, Mtl	10	9	19
M.Richards, LA	10	9	19
Hartnell, Fla	9	10	19
Filippula, Det	7	12	19
Datsyuk, Det	6	13	19
Dupuis, Pgh	6	13	19
Prospal, Cfb	6	13	19
St. Louis, TB	6	13	19
M.Bergeron, TB	3	16	19
Letang, Pgh	3	16	19
Campbell, Fla	2	17	19
Michalek, Ott	12	6	18
J.Staal, Pgh	12	6	18
Perry, Ana	10	8	18
Hall, Edm	7	11	18
Ra.Whitney, Phx	7	11	18
Phaneuf, Tor	3	15	18
Gaborik, NYR	10	7	17
Lecavalier, TB	10	7	17
Duchene, Col	9	8	17
Marchand, Bos	8	9	17
Ovechkin, Wash	8	9	17
Nash, Cfb	7	10	17
Wellwood, Wpg	7	10	17
P.Bergeron, Bos	6	11	17
Jagr, Pha	5	12	17
M.Koivu, Minn	3	14	17
E.Kane, Wpg	10	6	16
Kelly, Bos	9	7	16
Adam, Buf	8	8	16
B.Richards, NYR	8	8	16
Lucic, Bos	8	8	16
van Riemsdyk, Pha	8	8	16
Steen, StL	8	8	16
Tavares, NYI	8	8	16
Briere, Pha	7	9	16
Horcoff, Edm	7	9	16
C.Smith, Nash	7	9	16
Bozak, Tor	6	10	16
Lidstrom, Det	6	10	16
Roy, Buf	6	10	16
Byfuglien, Wpg	5	11	16

**Last night's games not included**

CFL PLAYOFFS

GREY CUP

At Vancouver

Sunday's result

B.C. 34 Winnipeg 23

LATE SUNDAY

LIONS 34, BLUE BOMBERS 23

First Quarter

B.C. — TD Harris 19 run (McCallum convert) 8:27

B.C. — FG McCallum 22 11:34

B.C. — Single McCallum 57 14:34

Second Quarter

B.C. — FG McCallum 16 10:28

Wpg — FG Palardy 30 12:24

Wpg — FG Palardy 15 14:30

Third Quarter

Wpg — FG Palardy 33 4:50

B.C. — TD Edwards 13 pass from Pierce

(Palardy convert) 14:53

Fourth Quarter

B.C. — TD Bruce 6 pass from Lulay (McCallum convert) 8:10

Wpg — TD Carr 45 pass from Pierce (Palardy convert) 11:22

Wpg — TD Edwards 13 pass from Pierce

(Palardy convert) 13:23

B.C. — FG McCallum 33 14:02

Winnipeg 0 6 3 14 —23

B.C. 11 3 10 10 —34

Attendance — 54,313.

TEAM STATISTICS

	Wpg	B.C.
First downs	13	19
Yards rushing	41	91
Yards passing	250	320
Total offence	291	411
Team losses	5	7
Net offence	286	404
Passes made-tried	19-37	21-38
Return yards	178	175
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	1	1
Punts-average	9-36.1	9-44.2
Penalties-yards	6-35	7-72
Time of possession	25:20	34:40
Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.		

INDIVIDUAL STATISTICS

**Rushing: Wpg** — Garrett 8-26, Pierce 4-17, Denmark 1-minus-2; **B.C.** — Harris 10-65, J.Jackson 3-16, Lulay 2-8, Brown 2-2. **Receiving: Wpg** — Carr 7-107, Edwards 6-83, Watson 3-42, Garrett 2-12, Hargreaves 1-6; **B.C.** — K.Johnson 2-81, Simon 4-79, Bruce 5-73, P.Jackson 2-43, Gore 3-18, Foster 1-12, Harris 1-6, Lumbala 1-6, Iannuzzi 2-2. **Passing: Wpg** — Pierce 19-37, 250 yards, 2 TDs, 1 int; **B.C.** — Lulay 21-37-320-2-0, Harris 0-1-0-0-0.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	5	0	.545	252	277
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	8	3	0	.727	362	252
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	1

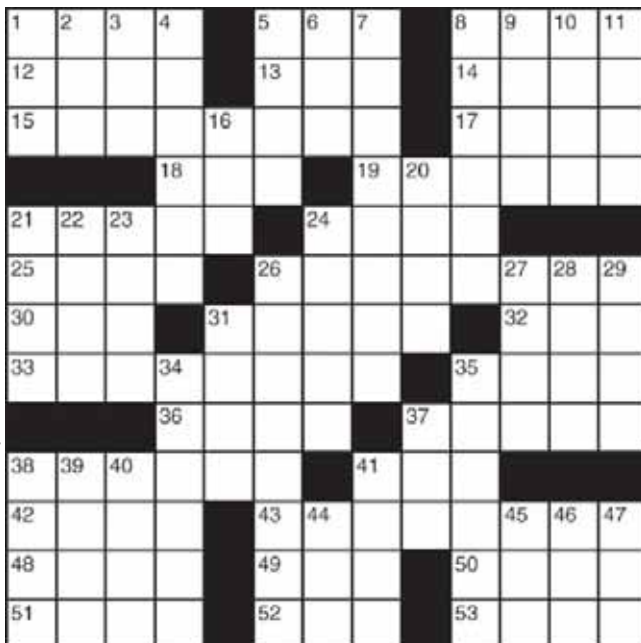
## Crossword

## Across

- 1 "Zounds!"  
 5 Off-bracketed word  
 8 Scruff of the neck  
 12 Actress Spelling  
 13 Fed. med. agency  
 14 Hebrew month  
 15 Mixed drink  
 17 "The other white meat"  
 18 Party staple  
 19 Brownish-yellow shades  
 21 Characteristic  
 24 Spruce or sycamore  
 25 Batting champ Aaron  
 26 Aviation timesaver, maybe  
 30 "I'll take that as —"  
 31 Principal force  
 32 Fish eggs  
 33 Trachea  
 35 Baseball team  
 36 Libertine  
 37 Man of morals?  
 38 Honor  
 41 Have bills  
 42 Old Italian money  
 43 "Hush!"  
 48 Slender  
 49 Weeding tool  
 50 Maui feast  
 51 "Desire Under the —"  
 52 Helios  
 53 Formerly, formerly

## Down

- 1 And so on (Abbr.)  
 2 Sticky stuff  
 3 Curved line



- 4 African antelope  
 5 Break suddenly  
 6 Mid-afternoon, on a sundial  
 7 Bleach ingredient  
 8 Family member  
 9 Lotion additive  
 10 Kitten's call  
 11 31-Down members  
 16 — for tat  
 20 Highlander  
 21 Dissolve  
 22 Hindu royal  
 23 In due time  
 24 Hosiery hue  
 26 Victories  
 27 Eye part  
 28 "—, Nanette"  
 29 Profound  
 31 Fraternal grp.  
 34 Reveries  
 35 Thread partner  
 37 Overwhelm  
 38 Otherwise  
 39 Window ledge  
 40 Decorate  
 41 Admitting customers  
 44 Debtor's letters  
 45 "— Town"  
 46 Existed  
 47 Eccentric

## ► Yesterday's answer



## Today's horoscope

**♈ Aries March 21-April 20** If you are the kind of Aries who likes to travel you could find yourself a long way from home today — and enjoying yourself immensely.

**♉ Taurus April 21-May 21** Either you love what you are doing, or you do something else.

**♊ Gemini May 22-June 21** You will be under a lot of pressure today and because the pressure comes from partners and colleagues you could fall out with someone.

**♋ Cancer June 22-July 22** You'll be busy and you may find it hard to

catch your breath over the next 24 hours.

**♌ Leo July 23-Aug. 23** You are in the mood to take action.

**♍ Virgo Aug. 24-Sept. 22** You'll have to tread carefully when dealing with loved ones.

**♎ Libra Sept. 23-Oct. 23** No matter how irritating others may be you must not let them get under your skin.

**♏ Scorpio Oct. 24-Nov. 22** What happens today may be important but it's how you choose to react to it that matters more.

**♐ Sagittarius Nov. 23-Dec. 21** You seem to be remarkably as-

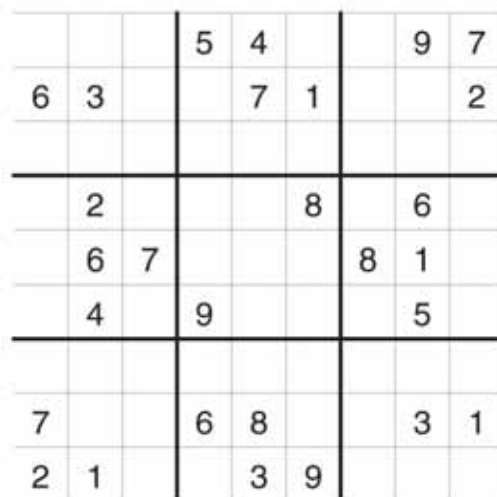
For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

sertive at the moment, which is good, but try not to give others the impression that the only thing you care about is your own greater glory, even if it happens to be true!  
**♑ Capricorn Dec. 22-Jan. 20** Are you afraid to say something because it might upset powerful people? Speak up.

**♒ Aquarius Jan. 21-Feb. 18** Life is many things, but most of all it is there to be enjoyed.

**♓ Pisces Feb. 19-March 20** You seem to have energy to spare at the moment and if you are smart you will channel it into your work or career. **SALLY BROMPTON**

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer ►



## A look at the weather

**TODAY** Min -2° Max 6°  
**WEDNESDAY** Min -3° Max -2°  
**THURSDAY** Min -12° Max -3°

## Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.



## Caption contest



"It figures I'd KNEED you for support!"  
**ADAM**



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



"SORRY, WE'RE ALL OUT OF MUSTARD."

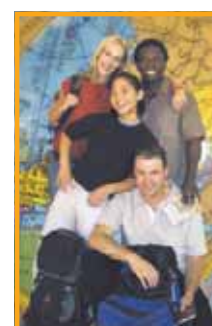
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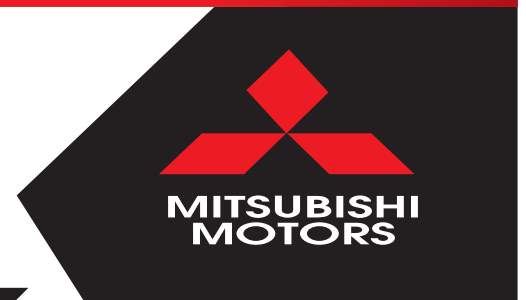
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